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no. 29

Aging

U.S. Department of HEALTH, EDUCATION, and WELFARE

No. 29 — March 1957

The Minnesota Approach

Minnesota has long been active in the aging field. It was one of the earliest States to establish an official Commission on Aging. And the work in aging of the Hennepin County (Minneapolis) Welfare Board under the imaginative direction of Jerome Kaplan set a mark for other communities to shoot at.

Broad State action in the field, however, did not develop until 1956 when, on the Commission's recommendation, Governor Orville L. Freeman created an Interdepartmental Committee on Aging, and appointed Mr. Kaplan as Special Assistant on Aging to the Governor. He also established a Governor's Citizens Council on Aging under the chairmanship of Professor Walter K. Vivrett of the University of Minnesota. The approach which the State is taking to meet the aging challenge is vividly set forth in a recent communication from Mr. Kaplan:

"The promise of the golden years in old age is too often darkened by disabling chronic illness, poverty, boredom, or the feeling that no one really cares. This problem of meeting the medical, social, economic and emotional needs of the State's growing number of 'senior citizens' is becoming increasingly more urgent. Minnesota has a greater proportion of aged than either California or Florida, and only ten other States exceeded it in its percentage of persons 65 and older in 1950. And, while there were only about 270,000 elderly in the State in 1950, it is expected that there will be nearly a half million aged people by 1980.

"The 1956 developments were conceived as a broad attack on these problem situations confronting the aging population in Minnesota. As a result, a 'grass roots' approach to aging problems is being used. A series of county wide 'town meetings' were held in September, October

and November of 1956. Representatives from each of the 53 counties which had such meetings were invited to attend the Governor's Conference on Aging, held in November in Minneapolis. In this way, approaches and suggestions on meeting the needs of older people which were produced by the 'town meetings' were pooled. It also is apparent that many of these meetings may lead to formation of permanent councils on aging in many counties.

"We can draw some definite conclusions from these meetings, which involved rural, urban and small communities. First, many more people throughout the State understand the general picture of aging. Next, awareness was created which will stimulate many types of action on behalf of older people. Further, each community has its own traditions for taking appropriate action. Too, the many communities do have potential, available leadership which can be channeled constructively.

"This latter viewpoint is the key to a new concept which is being considered in the State today. This concept for stepping up services to older citizens is based on the view that, with a minimum amount of leadership, well rounded programs can be established to afford better opportunities for older people to continue to be valuable members of their community and to enable them to lead a pleasurable and purposeful life. Further, it is based on the view that the creation of local positions within the various counties of the State will do much to offset enormous expenditures in the future. For not only must basic constructive services be on a community level, and must concern a number of groups and agencies, but they should be encouraged and coordinated in order to be effective. Consequently,

the position of a county services coordinator is being recommended based on the following principles:

"Local autonomy; objectivity in selection of staff; State-county matching fund appropriation; service to one county or multiple-county units; availability to all organizations concerned in some manner with the health, education and general welfare of people.

"As vital as local services are to each county, we know that the State itself must continue to exert positive leadership. To provide the right kind of leadership, the office of the Special Assistant on Aging and the several committees are set up to perform consultative and coordinating functions utilizing existing resources. Specifically the major purpose is to: (a) correlate, integrate and intensify State department's services to older people; (b) activate and stimulate statewide programs for older people through appropriate group and political subdivisions of the State; (c) conduct, initiate, and encourage research on the aged wherever practical. This approach, both within our communities and by our State, will stimulate and foster the kind of community action and participation that we believe is essential if our democratic society is to meet its responsibilities toward its senior citizens.

"To a great extent, the developments in Minnesota have been concerned with the following criteria related to the general health and social well being needs of the aging and the aged. Consequently, all the groups in our State, whether they be governmental, eleemosynary or commercial, are being asked the following types of searching questions:

"Is there special job-finding for older adults in your county?

"Do employers or agencies in your county offer counseling programs to prepare workers for retirement?

"Are education courses for older people offered in schools, libraries? How many recreational outlets such as 'senior citizen' clubs or 'after 60' hobby shows are available?

"Is housing provided which is designed to meet the special needs of older people in your county?

"Is there a program in your county to preserve farm family life?

"Do you have adequate public health nursing services?

"Do home nursing care services meet the needs of the aged?

"Based on the State's standards of four beds for each 1000 persons in the population, does your county have sufficient nursing home beds which are fire-resistive designed to allow for good medical and nursing care?

"How many chronically ill aged patients are being cared for in community hospitals who could receive care in a nursing home?

"Are there aged people in nursing homes who could live in homes for the aged if facilities were available?

"How can interest in expanding and improving health facilities and services be stimulated in your county?

"While Minnesota has made what we think is a good start, it is still only in the beginning. A legislative program of considerable dimension, suggested by the Governor's Conference, and with the active backing of the Governor, has been presented to the 1957 State Legislature which met in January:

"1. Making permanent the Governor's Citizens Council on Aging and continuing the position of Special Assistant on Aging. (\$60,000 biennium request by Governor.)

"2. State appropriation to local governments to create local positions to stimulate, direct and coordinate services on aging. This position would be locally administered and supervised. (\$100,000 biennium request by Governor.)

"3. A continuing program of Adult Education including the permanent position of Director of Adult Education in the State Department of Education.

"4. Funds to enable implementation of federal legislation for the improvement of library services in rural Minnesota.

"5. Establishment of regional out-patient Psychiatric Clinics throughout the State on a 50-50 state matching basis with local nonprofit organization. (\$50,000 biennium request by Governor.)

"6. Increasing State aid for additional county health nurses so as to assist more older citizens to remain at home than are now able to do so.

"7. Grant in aid-State matching funds, to local government units or other non-profit organizations for the construction of nursing homes. (\$4,000,000 biennium request by Governor.)

"8. Removal of the maximum ceiling on Old Age Assistance grants."

Federal-State Conference Report

Mobilizing Resources for Older Persons, a report of the proceedings of the Federal-State Conference on Aging, which was held in Washington, June 5-7, 1956, under the sponsorship of the Federal Council on Aging and the Council of State Governments, will be off the press during the first week in March. Single copies may be had by writing to Louis H. Ravin, Federal Council on Aging, Department of Health, Education, and Welfare, Washington 25, D. C.

The "My Family" Home Idea

A somewhat original approach to the problem of housing the elderly that any church, civic or other local group can adopt, is the "My Family" Home idea developed by Mr. and Mrs. Hodge Havis of Decatur, Georgia and which has been in successful operation for something over two years.

In any community, Mr. Havis points out, there are many widows (elderly or otherwise) who find themselves living alone—and lonely—in a house much too large for one person, and with perhaps insufficient income to meet their needs. The widow may not be a "business woman" but she may be a "wonderful home-maker". She needs not only an income, but also "a family to look out for". On the other hand, of course, there are hundreds of elderly men and women in search of, or whose families are anxious to find for them, homes or living arrangements suitable to their own needs and pocketbooks. The problem therefore is one of mutual accommodation.

The idea is an outgrowth of "My Family", Inc. which the Havises established back in the early '50's to bring "love, usefulness and the feeling of being needed to the old folks". A non-profit, non-denominational organization, it has over 4,000 members living in many sections of the United States who contribute either time, materials, professional services or money to the various social recreational or creative activities organized by the group. Members informally adopt the older people as "mothers", "aunts" and "grandparents" according to their particular fancy, and the whole constitutes what Mr. Havis terms "Uncle Sam's largest and happiest make-believe family."

In establishing a "My Family" Home the owner-operator makes her own selection of those whom she wants to come to live with her. She can determine her own scale of charges and she collects and keeps all income or rentals. An effort is made to group guests according to their education, talent or interests, and everyone, of course, is encouraged to take part in the Family activities.

Applicants are directed to Mr. Havis' organization by local churches, social service agencies, and this placement service is provided wholly without charge. Placements are also made in other nursing, convalescent homes or homes for the aged besides those sponsored by "My Family," Inc.

"My Family" Homes are restricted to applicants who are not in need of nursing care. More recently, however, the original idea has been expanded to include "My Family" Nursing Homes for elderly persons who *do* need competent nursing care and other facilities. Both "My Family" Homes and "My Family" Nursing Homes, of

course, have to meet all State, County and City requirements. The rates charged by the owners and operators of these nursing homes, Mr. Havis says, compare favorably with those of the better private nursing homes, churches, and institutional homes. In the Atlanta area, for instance, they range from \$100 to \$325 a month, the latter for a patient requiring the constant care of a registered nurse.

Already, 12 "My Family" Homes and "My Family" Nursing Homes, with a total of 372 residents, are in existence in the Atlanta-Decatur area of Georgia. Mr. Havis reports that he has been getting inquiries from many parts of the country as far west as California from groups interested in establishing similar Homes. He will be glad to answer all requests for further information addressed to "My Family," Inc., 421 West Howard Avenue, Decatur, Ga.

Ithaca, N. Y. Moves Forward

Like so many ventures of its kind, Ithaca, New York's Senior Citizen Center did not happen overnight. It is the culmination of five years of steady step-by-step effort on the part of a small group of devoted workers who surmounted innumerable headaches and frustrations to see their "dreams come true" with a home of their own, an extensive activities program and a part-time paid director.

The Center which was opened last May had its roots, according to Mrs. Jeanette B. McCay, in a Golden Age Club started by the Salvation Army in 1951. The success of this project stimulated the local Council of Social Agencies to form a committee to develop a wider range of activities for the aged. This, in 1952, became the Tompkins County Senior Council, Inc. open to anyone 45 years of age or over, with \$1.00 annual dues.

The first project of the Council was a once-a-week class for women (10 a. m. to 3 p. m.) on "Health and Happiness in the Later Years" which met in a community house with a teacher supplied by the adult program of the public schools. Principles of nutrition were taught by means of lunches prepared by the members. The addition of various handcrafts, exercise and folk dancing soon brought an overflow attendance. The class was followed by a referral employment service for part-time workers, conducted by a retired printer and his wife in their own home, who also started publication of a little news bulletin of the Council's activities. In 1953 a friendly visiting program was initiated. And "open-house" parties for all older people in the community were held in various churches.

(Continued on page 8)

Aging

Issued Monthly by the
SPECIAL STAFF ON AGING

U. S. DEPARTMENT OF
HEALTH, EDUCATION, AND WELFARE

Marion B. Folsom, Secretary

Social Security Administration
Public Health Service
Office of Education
Food and Drug Administration
Office of Vocational Rehabilitation
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American Printing House for the Blind
Gallaudet College
Howard University

No. 29—March 1957

AGING is a medium for sharing information about programs and activities among agencies and organizations in the field, their staffs and board members and other interested individuals. Communications and items suitable for publication should be sent to The Editors of *Aging*, Department of Health, Education, and Welfare, Washington 25, D. C.

Subscription \$1.00 a year, 25 cents additional for foreign mailing; 10 cents for single copy. Send to Superintendent of Documents, U. S. Government Printing Office, Washington, D. C. The printing of this bulletin has been approved by the Director of the Bureau of the Budget, August 13, 1954.

Univ. of Michigan TV Films Available for Local Showing

Kinescopes of the exciting new University of Michigan Television Hour, "A Gift of Life", currently being shown Sundays over Station WWJ-TV Detroit and WJIM-TV, Lansing, have been made available for audience or local TV showing. The series which deals with the four major problems of employment, health, housing, and leisure, was prepared by Dr. Wilma Donahue, Chairman of the Division of Gerontology at the University. Special guest authorities and film documentary material are used throughout.

The 15 programs carry these titles:

1. Aging in the World Today.

2. Meeting the Cost of Medical Care.
 3. Health Maintenance.
 4. Rehabilitation for Older People.
 5. The Alleghany County Institution Story.
 6. Housing, A Major Problem.
 7. Public and Private Housing Development.
 8. Presbyterian Village—The Architect Explains.
 9. Financing the Later Years.
 10. Employment of the Older Worker.
 11. Senior Achievement Inc.—Chicago Experiment.
 12. Preparation for Retirement.
 13. Enjoying the Gift of Time—Self Development.
 14. Enjoying the Gift of Time—Service to Others.
 15. Patterns for Today and the Future.
- Kinescopes for audience showing at \$5.00 apiece, and \$10.00 for TV may be secured from the producers and distributors, University of Michigan Television, 310 Maynard St., Ann Arbor. Running time of each program is 29½ minutes.

Conference Notes

Change of date. Circumstances have necessitated changing the date of the 1957 *Convention of the American Geriatrics Society* to June 11-13. The place will be the Hotel Statler, Washington, D. C. In charge of the program is Lillian H. Bricker, 3000 McCombes Ave., Kensington, Md. Write to her for information about the meeting.

★
The Michigan Association of County Social Welfare Boards & Directors and the State Department of Social Welfare announce that the 5th annual workshop for County Medical Care Facilities and County Infirmaries for medical directors, nursing personnel, administrators and county directors will be held at Michigan State University May 6 and 7. Workshop will emphasize physio-therapy and occupational therapy programs for the chronically ill aged person. For further information, write John Gambotto, at the Department, Lewis Cass Bldg., Lansing 13.

★
The Second Upper Peninsula Conference on Aging (Michigan) will be held either the first or second weekend in April. Health and Housing are the subjects. For more information write Mrs. John S. Walch, 800 Lake Shore Drive, Escanaba.

★
A Missouri State Conference on Aging was held in St. Louis February 21 and 22. Planned to be of interest to all segments of the population, it was sponsored by Washington and St. Louis Uni-

versities and more than 40 Federal, State, and local governmental agencies and voluntary organizations. William C. Fitch, Director, Special Staff on Aging, HEW, was the main speaker at a Conference luncheon conducted by the Missouri Association of Social Welfare. Further information available from Dr. Willis Reals, Washington University, St. Louis.

★

Ball State Teachers College announces the Third Annual Kirkpatrick Memorial Workshop on Aging to be held at the College in Muncie, Indiana on March 19. Information about topics and time from Dean Richard W. Burkhardt.

The Way the Wind Blows

Professional Help Wanted. Pennsylvania's Department of Public Welfare is actively recruiting staff for its new Bureau of Services for the Aging. Eight job categories offer opportunity for effective work in improving community and institutional services for older people through planning and consultation work with headquarters in Harrisburg. Salaries range from \$5,000 to \$8,850.

The positions are: Community Welfare Planning Consultant; Medical Social Work Consultant; Geriatric Homes Representative, 2 levels; Geriatric Services Supervisor; Nursing Services Consultant; Recreation Consultant; Administrative Assistant.

Titles of positions indicate the range of opportunity presented and promise for development of a broad approach. For further information, write to Mr. Elias S. Cohen, Director, Bureau of Services for the Aging, Department of Welfare, Harrisburg.

★

Working With Older People, a series of training workshops for professionals and volunteers with leadership responsibilities, is being given this spring by the Extension Service at the University of New Hampshire on the Durham campus. The 16-session tuition-free course includes a comprehensive orientation to aging today and instruction in handicrafts, adult education, recreation, and friendly visiting.

Also scheduled by the University is a 3-week program in Gerontology during the summer with visiting lecturers and an Institute on Employment of Older Workers on July 9-11.

May is to be Senior Citizens' Month in New Hampshire.

For further information write Mrs. Helen G. Wilson, Extension Specialist, Problems of the Aging, at the University.

★

A pilot test study of the new *National Health*

Survey Program was begun at the end of January in Charlotte, N. C., according to an announcement by Dr. Leroy E. Burney, Surgeon General of the Public Health Service. Study is being conducted by the Bureau of the Census for PHS, and is the initial step in the first Nationwide health study to be made since 1935.

★

In Los Angeles the Westside Jewish Community Center has a two-pronged approach to meeting the needs of older people. An activity program, including monthly trips to places of interest, water recreation, dancing, drama groups, and adult education courses, operates six days a week. A tuition-free course in Gerontology, offered in conjunction with the Los Angeles Board of Education, and open also to non-members of the Center, is being conducted weekly for a period of 18 weeks. For further information write Sergei Nutkiewicz at the Center, 5870 West Olympia Boulevard, Los Angeles 36.

★

At Christmas time the members of the Marin County (Calif.) Senior Association made, purchased, and prepared 126 gifts to be distributed at hospitals by Red Cross Grey Ladies. Gifts included homemade cookies, candy, jewelry, razor blades, games, scarfs, stationery, handkerchiefs, perfume, lipsticks, and other cosmetics.

★

Want to try an exciting camping experience with your peers, and perhaps become a better leader in the process? You can. Camp Cherryfield for Adults at Brevard, N. C., offers its program of recreation, arts, and crafts to persons 20 years old and up and stresses the point that there's no limit on "up". It's in the mountain region of the TVA area. For a folder write to Miss Louise Blackwell, Jupiter, Fla.

★

Washington, D. C. Guy Mason Center, Wisconsin Ave. and Calvert St., N. W., is the address of a new club for seniors which is initiating its activities with a once-a-week luncheon meeting. Miss Virginia Job of the D. C. Recreation Dept. is in charge.

★

Seattle (Washington's) Public Library recently offered a six-week free Tuesday afternoon class in writing for people over 60. Course, which is to be repeated, is given by the well known physician and writer, Dr. Miriam Lincoln, under the auspices of the Library's Adult Education Department.

★

Life After 60 is an 8-page directory of facilities for older adults in Franklin County, Ohio. Write for a copy to Services to Older People, 137 E. State St., Columbus, Ohio.

Too old to drive? Recent studies reveal that the senior driver is involved in fewer accidents than any other age category over 18. Travelers Insurance Co. reports that of 46,300 drivers in fatal accidents in 1955 only 2,310 were over 65, while National Safety Council offers the corroborative data that the over-65 driver is responsible for only 6 percent of fatal accidents.

★
The Park Hotel at *Hot Springs, Ark.* is the latest hostelry to be taken over under the Lavin Plan for retirees. Rates range from \$86.50 to \$110.00 per month per person. Other locations, it is reported, are under consideration at Eureka and Little Rock.

★
Hastings Law School in San Francisco is experimenting by hiring no teacher until he has reached the age of 65. Men, forced to retire because of age, come to Hastings from law schools all over the country giving the school the best of legal teaching talent. David Snodgrass is dean.

★
Retirees of the Catholic faith in Washington, D. C. will be interested in the newly formed "Leisure Group" at St. Matthew's Cathedral. Members meet twice a week for social and educational programs. Mrs. Clara K. Lapp, Chairman of St. Matthew's Cathedral Club, 1814 N St., N. W., is in charge.

★
New Hampshire Golden Agers are being asked to cooperate with the N. H. Mental Hygiene and Child Guidance Clinic in sending birthday cards, letters, etc. to youngsters under the care of the clinic. For information how the program works write to Dr. Anna Philbrook, Director, Winant House, Concord.

★
Senior Citizen's Scribe is the name of a new monthly paper published by the Westchester County (New York) Recreation Commission for citizens 60 and over. The *Scribe* will report opportunities and activities in employment, health, education, recreation, Social Security, etc. To be on the mailing list, write to Mrs. Selma Brody, Supervisor of Senior Citizens Activities, County Office Building, White Plains, N. Y.

★
A Directory of Senior Citizens' Recreation Programs, issued by the Sacramento (Calif.) Welfare Council's Committee on Aging, is available free. Address P. O. Box 805, Sacramento, Calif.

Remember to renew subscriptions promptly

Books, Pamphlets and Reports

A copy of the report to the President on the operations of the *Federal Council on Aging*, established last spring, may be had by writing to the Special Staff on Aging, Department of Health, Education, and Welfare, Washington 25, D. C.

★
"Casework and Counseling Services for the Aged", by David E. Levine, in the January 1957 issue of *Public Welfare*, gives specific examples of how basic principles of casework have been applied in working with individual older people. The writer is director of psychiatric social work, Florida State University. Reprints are available from the American Public Welfare Association, 1313 East 60th Street, Chicago 37, for 20 cents.

★
Philosophers, poets, and other contemplative writers from the ancients forward have given much thought to the nature and meaning of the later years of life. By all odds the most delightful, comprehensive and useful is *Professor T. V. Smith's* recent essay, *On Being Retired*. His seven-point guide to a program compounded of activity and contemplation should be helpful to many who are looking for significance in these years. Ideal for discussion groups and as a gift. Published by Syracuse University Press, 1956. 41 pp. 50 cents. Special price on quantity purchases.

The essay is also reprinted in *Retrospect and Prospect*, a collection of tributes to Prof. Smith by his friends and colleagues on the occasion of his retirement last June. Same publisher; pp. 175. \$4.00.

★
Its *First Annual Report to the Michigan Legislature* was issued in January by the State's Legislative Advisory Council on Problems of the Aging. Covers carefully developed recommendations in employment, health, and housing. The report is based on material submitted by administrative departments from testimony taken in 3 public hearings. Further studies and reports are projected. For a copy write to Hon. Howard R. Estes, Chairman, State Capitol, Lansing, or to Mr. Anthony Lenzer, Executive Secretary, Rackham Bldg., Ann Arbor.

Mr. Lenzer also has a few copies of the mimeographed summary of the hearings themselves. Reading these helps give one a "feel" of the meetings held by the Commission around the State.

★
Heart Disease and Retirement in the Hartford (Conn.) Standard Metropolitan Area is a comprehensive report of a study conducted by Walter C. McKain, Jr. and Norman W. Ofslager of the

College of Agriculture, University of Connecticut at Storrs. Interviews with over 750 retired persons yielded a great deal of specific information.

★

The Health Information Foundation, 420 Lexington Avenue, New York 17, N. Y., has just published the Fifth (1956) Edition of "An Inventory of Social and Economic Research in Health". Pp. 254. (No price given.) About 15 of the 498 research projects included in the inventory are directly related to aging or the aged; many others, however, are of interest since they deal with general health problems or with diseases especially prevalent among older persons.

★

Retirement—A New Way of Life by Eugene Friedmann, University of Wisconsin, Extension Service, Madison. Pp. 41. 50 cents (40 cents a copy for 10 or more). Handsome and helpful pamphlet covering a wide variety of subjects on planning for and adjusting to retirement.

★

Games for the Not-So-Young, by Sid G. Hedges. Philosophical Library. New York. Pp. 107. \$2.75. An attractively illustrated easy to read (large type) book of games with equally easy to follow instructions for "Intimate Games" (one to four people), "Social Games" for larger groups, also games for a variety of situations—like "Sitting-Still Games", "Moving-About Games", "Music Games". Will be useful to persons planning recreation programs.

★

Social Work Year Book—1957. Edited by Russell H. Kurtz. National Association of Social Workers. Pp. 752. \$7.50. A veritable encyclopedia of information on present-day developments in social work, with 68 topical articles (including an article on aging) by authorities in their fields, comprehensive directories of national and international agencies—totaling 477—and extensive bibliography. Invaluable reference book for professional workers. Obtainable from the Association, 1 Park Avenue, New York 16, N. Y.

★

Sheltered Care for Senior Citizens sets forth the resources available in Los Angeles County (Calif.) and suggestions for selecting the right home. Issued by the Senior Citizens Service Center 306 W. 3rd St., Los Angeles 13. Single copies available on request.

★

Our Aging Population reports fully on the wide variety of subjects discussed at the first Wisconsin Governor's Conference on An Aging Population held in June 1956 (see *Aging*, Sept. 1956). Also lists recommendations developed. Pp. 68. 1956. Available for \$1.00 from the Bookstore,

University Extension Division, University of Wisconsin, Madison.

★

The review of the work and progress of the Washington State Governor's Council for Aging Population is told in its report covering the period from March 1954 to November 1956. The statement on accomplishments makes exciting reading. Recommendations are concrete, and the structure of the Council and how it operates is explained. Probably available from the Governor's office in Olympia.

★

A note from Margaret Whyte, of the Washington State Governor's Council for Aging Population, reports that the following pamphlets of their Handbook on Community Organization for Senior Adults, "Active Living in Added Years", are still available: Section IV—Activity Center, Hobby Show, Activity Programs for Homebound and Institutionalized; Section V—Volunteer Services; Section VI—Good Health for Active Living in Added Years. Copies may be had by writing to the Council at Olympia. *The supply of all previously issued sections is exhausted.*

★

Housing Survey of Persons 65 Years of Age and Over in the City of Honolulu, by the Bureau of the Census (Washington, D. C.), 1956. 21 pages offset. Shows number of older people in standard and substandard dwellings according to age, income, and other characteristics. Supplemented with tables on health and family status, and satisfaction with present dwellings.

★

Women of Forty, by M. E. Landau. New York: Philosophical Library, 1956. Pp. 49. \$2.50. The first 40 pages deal with menopause and its necessary and unnecessary consequences; the remainder of the book with employment and other activities. The author is a British woman physician.

★

Counselors, teachers, and others called upon to provide information to older people will be interested in U. S. Department of Labor's new book, *The Legal Status of Women in the United States of America*. Deals with contracts and property, marriage and divorce, parents and children, and political rights. Women's Bureau Publication No. 157. Washington: U. S. Gov't. Printing Office, 1956. Pp. iv—103. 35 cents.

★

No. 10 of the always interesting bulletin, *Adding Life to Years*, issued by the Institute of Gerontology of the State University of Iowa, contains an excellent article on "Surgery in the Aged" by Sidney E. Ziffren, of the University Hospitals.

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The National Office of Vital Statistics of the Public Health Service has issued two special reports, *Mortality in the Age Group 45-64 Years: United States, 1900-1950* and *Mortality in the Age Group 65 Years and Over: United States, 1900-1950*. To obtain these statistical tables, send to Government Printing Office, Washington, D. C., referring to Selected Studies, Volume 45, Number 6 and 7, respectively. 15 cents each.

★
Belatedly noted—*The Golden Years* by Thomas Collins, The John Day and Company, N. Y. Pp. 251. \$3.75. Subtitled "An Invitation to Retirement", this book tells the stories of many older people and the results of their varied experiences in seeking fulfillment and happiness.

ITHACA—(Continued from page 3)

Financial support at first came only from dues and gifts from friends. In 1952 the Council put on its first bazaar of hand-made articles which has been continued ever since. In 1953 it published a pamphlet "Senior Citizens Cook Alone and Like It" which, offered for sale at 25 cents a copy, began bringing in an appreciable income.

All this increasing activity emphasized the need for a fixed base of operation. It was not until 1956, however, that suitable quarters could be secured at a rental which the Council felt could be managed within its slender budget. Now located in the basement of the City Library in the heart of town, the Center has a well-equipped kitchen and dining room and a large room for games, parties, and dances. The dining room also serves as a work room. Near the street entrance is a shop where articles made by the Senior Citizens are offered for sale. The staff consisting of a part-time director and one-day-a-week caretaker is supplemented by adult education teachers sup-

plied by the public schools and other volunteer teachers and friends.

Recently the Center has brought out two new pamphlets (noted in *Aging* No. 28): "Senior Citizens Be Kind to Your Body" setting forth an excellent exercise regimen for older people (50 cents), and "You Can Make Cornell Formula Bread" (25 cents). A fourth booklet on "Eating for Health" has gone to the printers.

"Having a center and a professional worker," says Mrs. McCay, "has brought us many benefits. New classes have been opened: sewing, making flowers and enameled copper jewelry, creative painting, and a group for men only. Attendance at the Health and Happiness class has doubled and now includes men as well as women. Ninety-six new members have joined the Council since May. Many more are now using the employment files since they are ever-ready at the Center. The shop is open daily, so that Senior Citizens can sell their hand work and pick up pin money all year round without waiting for Christmas. There is open house for men and women at the Center every Friday afternoon, and an evening party once a month. In two other towns in the county Senior Citizen Clubs have been started, stimulated, we believe, by news of our activities."

Despite its initial success, Mr. McCay feels that the Center is a long way from being solidly established. Its finances are still uncertain and the 250 members are only a tiny fraction of the 3000 or more older people in the community which she feels the Center should be serving. Also, there are many hours during the week when no one is using its facilities. Any advice or suggestions from *Aging* readers who have developed successful centers and center programs will, she says, be most welcome. Correspondence can be addressed to her at Senior Citizens Inc., 201 East Seneca Street, Ithaca, New York.

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